

Looking for a Boost to your Health and Well-Being?

We are partnering with BetterAge to help you get the most out of your own life on your own terms. Small steps today can make a big difference.



Take the first small step today with BetterAge's free and confidential 7-10 minute assessment about your health and well-being. Then explore your personal health and well-being report and recommendations. See what other small steps might make sense for you! Come talk to senior center staff about your report if you need more support.

Start
now:

Scan
here:



or

<https://tompkinscounty.health-wellbeing.betterage.net>

Learn more at betterage.net

or

Please contact Tompkins County Office for the Aging at
607-274-5482.